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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.8 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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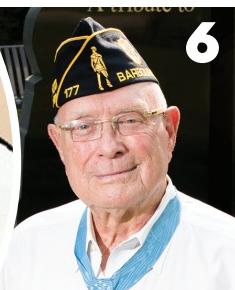
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The world, of course, is now well down the road called at the time “the information superhighway.” Some resisted traveling it, especially prior to March 2020. The pandemic, for all its miseries, accelerated interest, willingness and even the necessity to travel it.

We have since learned to gather, interact and do our work through virtual video platforms. In The American Legion, we discovered during the pandemic that national meetings and even some youth programs like Boys State and Oratorical contests can – in a pinch – be conducted online.

We have shared in real time with Congress our legislative priorities virtually from remote locations. The American Legion and Philips pioneered telehealth clinic pods in local posts hundreds of miles from VA health-care facilities, via Project ATLAS, to close the gap between veterans and the medical attention they need. Virtual career fairs during the pandemic have also been some of the best attended in American Legion history, reaching jobseekers worldwide “at the speed of light.”

Many of us pay our bills, get our news, attend church, schedule appointments and even have social gatherings through online services. It’s not really as spooky or hard to understand as it was in 1994 when those TV ads came out. It’s become routine, though The American Legion still relies substantially on paper and mail processes.

In my final message in this space, I ask that you help us make the best use of technology at our fingertips – promote joining, renewing and auto-renewing features available on [legion.org](#) and [MyLegion.org](#) – so we can mitigate the rising costs of paper and postage and, more importantly, devote more resources to veterans, troops, youth and communities everywhere.

THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

NATIONAL COMMANDER Paul E. Dillard

PUBLISHER The American Legion

DIRECTOR OF MEDIA & COMMUNICATIONS Jeff Stoffer

DEPUTY DIRECTOR

OF MEDIA & COMMUNICATIONS Henry Howard

MANAGING EDITOR Matt Grills

ASSOCIATE EDITOR Laura Edwards

ADMINISTRATIVE COORDINATOR Katherine Chrisman

ADMINISTRATIVE ASSISTANT Lauri Hayes

VISUAL TEAM MANAGER Holly K. Soria

GRAPHIC DESIGN SPECIALIST Celesta Török-Lee

MULTIMEDIA CONTENT PRODUCER Hilary Ott

PRODUCTION MANAGER Tony Heath

CONTRIBUTING EDITOR Alan W. Dowd

ADVERTISING

ADVERTISING MANAGER Diane Andretti

ASSISTANT ADVERTISING MANAGER Chris Elliot

HOW TO CONTACT US

AMERICAN LEGION MAGAZINE

P.O. Box 1055

Indianapolis, IN 46206

EMAIL: magazine@legion.org

TELEPHONE: (317) 630-1272

WEBSITE: legion.org

ADVERTISING SALES

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NATIONAL HEADQUARTERS

(317) 630-1200

700 N. Pennsylvania St.

Indianapolis, IN 46204

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Photo by Clay Lomneth

America's Ship of State

The cover story on *USS Constitution* (July) brought back memories. My mother's family lived in Indiana, where my grandfather was a Methodist minister. They moved to Stow, Mass., in 1929 so he could attend Boston College. My mother was 7 at the time, and told me about the patriotic penny drive to save *Constitution*, to which she, her sister and brother gave their hard-earned pennies in support.

I spent six years in the Navy (1962-1968), two of them on two newly commissioned guided missile frigates. Each ship was ported at the Charlestown Navy Yard. It was enlightening to be on the newest ship in the Navy and look across the pier at the oldest ship. Several times I went aboard *Constitution* and got tours and details on its workings.

In 1988, my mother and her sister visited Bedford, Mass., and I took them for a tour on *Constitution*. Both were excited to be aboard and extremely proud of their 1929 gifts of pennies. I still lived in Bedford in 1997 and saw the ship sail under its own power for the first time in 116 years. We tried every year of my 34 years in Bedford to go see *Constitution* towed from its pier and turned so it would weather evenly.

Jay McIntosh, Marietta, Ga.

THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine, P.O. Box 1055,
Indianapolis, IN 46206 magazine@legion.org

The legacy of Woody Williams

Marine Cpl. Hershel "Woody" Williams, the last living World War II Medal of Honor recipient, died June 29 in Huntington, W.Va. He was 98.

Williams, an American Legion member for more than 70 years, received the medal for his actions during the Battle of Iwo Jima in February 1945. He was cited for his valor going alone and fighting for four hours to knock out Japanese forces, allowing Allied tanks to proceed. Later that year, at 22, he received the nation's highest award for military valor from President Harry Truman.

Williams' legacy, however, goes beyond his actions on the battlefield. He spent decades honoring military families, inspiring youth and promoting patriotism. A member of Post 177 in Barboursville, W.Va., he regularly spoke at American Legion Boys State.

Williams also set out to honor families of the fallen by establishing a Gold Star Memorial in every state; learn more about the initiative online at woodywilliams.org. In 2018, the National Executive Committee passed a resolution calling for Williams to lie in state at the U.S. Capitol upon his death. And so he did.

- Henry Howard



Photo by Clay Lomneth

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I read with great interest John Raughter's article on our beloved USS *Constitution*. Clarity in writing, factual and properly researched. Damn near put a tear in my eye. Thank you, and keep up the excellent work.

Greg Jessen, Waxahachie, Texas

I enjoyed reading the article on "Old Ironsides," the ship on which I was proud to have my chief's anchors pinned. What made the cannonballs bounce off the ship was the wood from live oak trees found in South Carolina and Georgia. According to a Massachusetts history site, the heavy timber has a density of 75 pounds per cubic foot, "making it heavier than water, heavier than most other common timbers ... The huge internal braces of the ship were cut in solid pieces from individual trees, as opposed to being compositely joined on site. The result was a hard body that appeared to deflect cannonballs like iron."

Jim Quirk, Bluffton, S.C.

Robert and His Rules

Sincere thanks are extended to Douglas E. Osborn for his article on the author of "Robert's Rules of Order" (July). Some additional information on the family of Henry Martyn Robert may be of interest.

He was born May 3, 1837, in Robertville, S.C., a hamlet near the Savannah River. It is named for his grandfather, John Robert (1742-1826), a Revolutionary War soldier and landowner. The Roberts were descendants of the Rev. Pierre Robert, a Huguenot minister who came from Switzerland to the Carolinas in 1690.

Henry's father, the Rev. Joseph Thomas Robert, was pastor of the Baptist church in Robertville, which was established in the 1780s and continues as an active congregation to this day. The Rev. Robert moved his family to Ohio in 1850 when Henry was 13. Three years later, Henry received his appointment to West Point. This unusually talented parliamentarian and accomplished military officer lies at rest in Arlington National Cemetery.

N. Lee Polhill, Hilton Head Island, S.C.

THE PLAYLIST

American Legion videos you don't want to miss.



Photo by Hilary Ott

2022 American Legion Boys Nation

Future leaders gather at Marymount University in Arlington, Va., to learn the ways of government in a democracy.

Junior Shooting Sports

Top shooters from around the country compete for scholarships and titles in the American Legion 3-Position Junior Air Rifle Championship in Colorado Springs, Colo.

American Legion Baseball World Series

See video coverage of the August tournament from Shelby, N.C.

Visit legion.org/magazine/videos or subscribe to The American Legion's YouTube channel to see, show and share other Legion videos. Also, follow The American Legion on Instagram for bonus videos of summer events.

232 U.S. Flag

Code inquiries fielded by the Legion's Americanism Division office in June, including news stories around Flag Day with Newsday and the East Hampton Star, as well as a podcast appearance with America's Work Force Radio on how to properly treat and display the flag



Photo by Steven Sobel

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The American Legion seeks and desires to support legislation to require a 5% percent goal, with set-aside and sole source authority, for federal procurements and contracts for businesses owned and operated by veterans, including those small businesses owned by reserve component members who have been or may be called to active duty, or may be affected by base closing and reduction in our military forces ...

Benefits to all veterans have always included assistance in creating and operating veteran-owned small businesses ...

Be it resolved ...

Any veteran business development assistance should include funding to assist federal agencies in reaching their 5% veteran procurement goals ...

The American Legion seeks to develop a user-friendly veteran procurement database for use by all federal government agencies ...

The American Legion supports that the federal government and the Department of Defense utilize its available technology to create, fund, and support a veteran procurement-spending database within DoD that would finally bring veteran-owned and service-disabled veteran-owned businesses on equal footing with all other small business special-interest groups when it comes to federal procurement opportunities ...

The American Legion encourages Congress to require a reasonable set-aside of federal procurements and contracts for businesses owned and operated by veterans and for those veteran businesses affected by base closings and reduction in our military forces.

Passed, American Legion National Executive Committee Spring Meeting, May 4-5, 2022



"Coach Kennedy started praying on his own, and some of his players at times began to join him - on their own. None were required to do so, nor were the prayers recited publicly. The earlier court's decision was a clear violation of Kennedy's right to religious expression, and we are glad to see that reversed."

American Legion National Judge Advocate Mark Seavey, on the Supreme Court's 6-3 ruling June 27 in favor of Joe Kennedy, a Marine Corps veteran and former assistant football coach at Bremerton High School in Washington state. According to ESPN.com, the school district asked Kennedy to stop leading students in prayer in the locker room and on the field; he complied but wanted to continue praying on the field himself following the games. Kennedy was placed on paid leave and later was recommended to not be rehired.

"Religious expression plays an important role in our nation's longstanding traditions, acknowledging the role faith plays in the lives of many, especially those who gave the last full measure of devotion to this country," the Legion wrote in an amicus brief. "The perennial litigation against religious expression not only threatens to limit the role of religion in important traditions but also signals unlawful intolerance towards religious faith." The American Legion has filed similar briefs in defense of religious freedom, most recently involving the Bladensburg World War I Veterans Memorial in Maryland.

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Photo by David Plumier

Into the final turn

As the third annual American Legion 100 Miles for Hope challenge heads toward its conclusion Sept. 5, there's still time for a final push for the big incentive.

The top fundraiser throughout the entire campaign will receive four tickets to an NTT INDYCAR Series race of their choice. The recipient will be responsible for their own transportation, lodging and other expenses.

Any donations mailed to National Headquarters will need to be received by Sept. 5 to count toward the overall total for individuals.

For more information about the campaign, how to donate and more, go to legion.org/100miles.

\$100,000

Grant money awarded by the American Legion Department of New York to the Research and Recognition Project, to fund a one-year pilot to expand and measure its treatment for veterans experiencing PTSD. According to Dr. Frank Bourke in Corning, N.Y., the therapy "uses a short visualization process to retrieve and alter the memory." The project will certify 30 licensed counselors in the state to administer the therapy to approximately 400 veterans and their family members, and measure the remission of post-traumatic stress and symptoms.

'A full-fledged war'

Newly discharged 21-year-old Marine Corps Cpl. David R. Arellano Jr. came home with war injuries, had a tumor in his neck in 1951 and went to the VA hospital in Tucson, Ariz., for treatment. He was denied admission and sent to the old Pima County Hospital for the poor.

The reason he couldn't get into VA, as reported by American Legion National Headquarters: "He was refused treatment ... on the ground that he was not a war veteran within the meaning of the law. The VA official also stated, 'If it (Korea) isn't a war, I'd like to know what the hell it is!'"

The American Legion's field service went to work, sharing the story of Arellano with The Associated Press and other outlets. The public was outraged, and American Legion National Commander Erle Cocke Jr. fired off a telegram to Washington demanding urgent change.

The story broke May 10, 1951, and resolutions from both houses of Congress were rushed to passage. President Harry Truman signed Public Law 28 on May 11, entitling "honorably discharged veterans of the fighting in the Korean hills and rice paddies ... to hospitalization, medical care, domiciliary treatment and burial benefits," the American Legion News Service reported.

The Legion had been pushing for a Korean Vets' Bill of Rights for nearly a year. "Congress finally has got around to recognizing the 'police action' in Korea as a full-fledged war, a fact which The American Legion had been shouting from the rooftops since last July in seeking veteran status for American fighting men and women of that conflict."

Congress "reacted with a speed seldom seen in Washington." In less than 24 hours, the American Legion-sponsored legislation had been passed by the House and the Senate and signed into law by the president.

- Jeff Stoffer

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To juice or not to juice

BY JENNIFER CAMPBELL

Juice bars are popping up in small towns and large cities. Raw juice recipes are filtering through Instagram feeds.

It's common knowledge that daily servings of vegetables are good for us. But does it matter if you eat or drink them? In other words, should you be juicing?

First, let's break down daily servings of vegetables. The amount of vegetables your body requires to be healthy depends on your age, gender and level of physical activity. USDA recommendations call for two to three cups per day for adults. Portion sizes can be confusing, and many of us are unsure what actually constitutes a recommended serving of vegetables. Here are a few examples:

- 1 cup of raw leafy vegetables (about the size of a small fist)
- ½ cup of other vegetables
- ½ cup of vegetable juice

Based on their nutrient content, vegetables are organized into five subgroups: dark green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and others.

Just because you had three cups of broccoli today doesn't mean you've met recommended servings for your daily or weekly vegetables. You need a variety from all the subgroups to get the recommended nutrients, not just those found in broccoli.

Now, back to juicing. Not all juices are created



Media Bakery

equal. Look at the nutrition label. Is it 100% juice? If you're at a juice bar, how much of the juice is fruit? Often, to make vegetable juice palatable, a lot of fruit is added to sweeten it. Is that a good thing? Maybe, maybe not.

Think of it this way: if you were to have a snack like an orange, you would have just one orange. And you would reap all its nutritional benefits. However, if you were to juice the orange, you strip out a lot of the fiber and nutrients. Additionally, it takes about two to four oranges to make an 8-ounce cup of juice. That's almost two to four times the calories and sugar you're drinking versus just eating one orange.

Bottom line? It's better to eat fruits and vegetables than to drink them. That said, if juice is the only way you're going to consume a healthy amount of veggies and fruits, juicing is better than nothing.

Try blending whole fruits and vegetables as a smoothie with some low-fat yogurt or almond milk and ice. Cheers to good health, fiber and nutrients!

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is commander of the California American Legion's 24th District.



988 new crisis number

On July 16, the National Suicide Prevention Lifeline's new three-digit dialing code went live. People experiencing a mental health crisis can call **988** and connect to counselors with the organization's network of more than 200 crisis centers nationwide. Veterans experiencing distress or a mental health crisis can connect to the Veterans Crisis Line by dialing **988** and then pressing **1**, similar to the previous

number. This will provide them with fast and easy access to veteran-specific mental health support.

The previous phone number (**1-800-273-8255**) remains available as well.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



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*Methodology: Phone surveys at regular intervals with VA patients using the InCourage system. Data collection began in 05/01/2019. As of 05/31/2021, 413 patients completed the baseline survey; 214 patients in 1-month cohort; 138 in 6-month cohort; 77 in 12-month cohort.

A better path to detection

New prostate biopsy approach helps Coast Guard retiree become cancer-free.

BY BETH W. ORENSTEIN

Rick Bartlett's prostate cancer has been in remission for five years, and he feels as though he's in his best physical shape in years. The 67-year-old retired Coast Guard lieutenant commander from Cumberland, Md., attributes his good health to early detection of his cancer, which allowed him to start treatment immediately.

Bartlett's PSA (prostate-specific antigen, a blood test for prostate cancer) was not that high: 4.3. Still, his urologist, Matthew Allaway, suggested a biopsy. Not a traditional biopsy, where the physician inserts a needle through the rectum to access the prostate and take about 12 tissue samples. Instead, Allaway suggested Bartlett undergo a biopsy through the perineum.

The PrecisionPoint™ Transperineal Access System (PPTAS) that Allaway helped develop uses a pathway to the prostate in front of the rectal wall rather than through it. The risk of infection is much lower because it doesn't introduce fecal bacteria into the prostate, as the transrectal approach can. And - in Bartlett's case - by using it, Allaway could get samples from the entire prostate. The rectal approach is limited in the areas it can sample.

Approaching the prostate from the perineum isn't a new idea, Allaway says. Transperineal biopsies have been around more than 40 years, but only recently could be performed with just two



Photo courtesy Rick Bartlett

needle sticks, presenting little or no discomfort to patients. Allaway prefers the technique because it results in about 30% better cancer detection rates and a nearly 0% infection rate. It can be performed in the doctor's office with local or twilight anesthesia. Patients don't need to cleanse their bowels or take antibiotics beforehand, as with a rectal approach. The whole procedure typically takes less than 20 minutes.

Bartlett's biopsy showed he had cancer cells in an area a transrectal biopsy likely would have missed - at the top of his prostate - and that his was a fast-growing cancer. After discussing treatment options with Allaway, Bartlett opted for a prostatectomy, or removal of the prostate.

"I had nerve-sparing surgery and have retained 90% function," Bartlett says. Recovery was quick, and he was back on his bicycle in a few months. Indeed, he recently completed a 1,900-mile ride down the Pacific Coast Highway. His PSA has been undetectable ever since his surgery.

PrecisionPoint has FDA clearance, and urologists around the country are trained in its use.

Beth W. Orenstein of Northampton, Pa., is a frequent contributor to Living Well.



Nearly 1 in 5 adults who have had COVID-19 in the past say they were still experiencing at least one symptom of long COVID - fatigue, shortness of breath, brain fog, chest pain and headaches, among others - as of mid-June. Sources: U.S. News & World Report, CDC

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David Rudd, former president of the University of Memphis and Gulf War Army veteran, will serve as spokesman for the new American Legion suicide prevention awareness campaign. Photo by Corban Lundborg

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Suicide Prevention:
Part One

ON THE FRONT LINES

Longtime researcher, American Legion member David Rudd shines a light on solutions to the veteran suicide crisis.

BY HENRY HOWARD

The American Legion is dedicated to reducing the rate of veteran suicide. As part of the new Be the One campaign, The American Legion Magazine is publishing a two-part series to focus on solutions, provide resources, and educate members and others on how they can support the mission.

Part One: Decades of research have identified a range of methods that reduce the risk of veteran suicide.

Part Two (October): American Legion posts and members take a lead role in supporting comrades at risk.

David Rudd conducted his first clinical trial of suicide prevention in the early 1990s. It was a time when the topic of veteran suicide was largely kept quiet, doctors prescribed pills, and the public was in the dark.

Decades later, Rudd has conducted four additional trials, published more than 200 scientific articles on the subject and paved the way for solutions to reduce the rate of veteran suicide. Among the therapies he has helped formulate is brief cognitive behavioral therapy, found to reduce rates of attempted suicide by 60% compared with standard treatment.

"It targets, very specifically, skill development, emotional management, self-management skills, to help people learn to more effectively deal with emotional upset and emotional pain, and ultimately to lower suicide attempt rates and death by suicide," explains Rudd, a Gulf War Army veteran and a life member of the American Legion Department of Tennessee.

Through the work of Rudd and other leading researchers, more attention is being focused on the veteran suicide epidemic. Still, more must be done. Roughly 20 veterans a day die by suicide.

The American Legion's new Be the One campaign is shining a light on the crisis, with the goal of empowering veterans, spouses, caregivers, family, friends and others to recognize when a veteran may be at risk and act accordingly.

Solutions Historically known as shell shock and battle fatigue, post-traumatic stress disorder has burdened servicemembers and veterans since World War I. Rudd first began to explore solutions as an Army psychologist, when he served with the 2nd Armored Division during the Gulf War.

"Suicide behavior, and specifically suicide attempts, were becoming a problem," he recalls. "They were not as significant a problem as they are today. So we developed the behavioral therapy treatment to try to target that problem."

Finding solutions for at-risk veterans requires a broad approach. Cognitive therapies work for some, while others benefit from a peer-to-peer approach. Other therapies range from physical activities (hiking, rucking, fishing) to mental (yoga, art, music). More options means more lives saved. Additionally, the research can be used to enact changes that reduce the likelihood of veterans suffering from PTSD in the first place, especially those who were in combat.

Rudd studied the effect of repeated exposure to combat. After one combat deployment, 20% of veterans experienced difficulty in adjustment upon return. The rate increased to 45% after a second deployment and nearly 90% after a third.

"The poor adjustment is people having symptoms," he explains. "It doesn't mean you've got PTSD. It just means you're not sleeping well, you're having intrusive thoughts, you're having poor dreams, you're flying off the handle."

Such data ought to inform policymaking, Rudd says. "In Iraq and Afghanistan, we had people rotate a significant number of times, particularly in special operations. You can expect higher rates of difficulty after repeated exposure."

Rudd continued his work after separating from the service, founding the National Center for Veteran Studies at the University of Utah.

"We did the first national survey of returning veterans from Iraq," he says. "A couple of critical things that emerged were not just the issue of depression and post-trauma symptoms, but also substance abuse and suicidality when those problems go untreated. We looked specifically at the reasons veterans weren't getting treatment."

Among them: the stigma of seeking help, which is an integral part of the Be the One campaign; a lack of availability of targeted care; and few treatments that were actually available. Also, the overprescribing of medications.

"It's a medical response to a non-medical problem, which means it's really a psychological adjustment challenge that people are having. They wanted alternatives to that."

How you can 'Be the One'

The American Legion's Be the One campaign encourages American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

The program's primary goal is to reduce the number of veteran suicides. It will do so by destigmatizing the simple act of asking for mental health support, providing peer-to-peer support and resources in local communities, and educating people on how they can "Be the One."

For veterans

- Talk with fellow veterans about how you're feeling.
- Ask for help when you think you need it.
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- Remember that your family and friends care.

For non-veterans

- Ask veterans in your life how they're doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.
- Pledge to "Be the One" at betheone.org by signing up for email updates.

For American Legion posts

- Educate members on the Be the One campaign.
- Display resources at your post or in your community.
- Share events or success stories at legiontown.org.

RESOURCES

If you are a veteran experiencing a crisis, VA has resources available 24/7:

- Call **988** or **1-800-273-8255** and press 1
- Text **838255**
- Visit veteranscrisisline.net

SPECIAL PODCAST SERIES

The American Legion's Tango Alpha Lima podcast kicked off its third season in January with a series dedicated to forging solutions to veteran suicide.

- Part One: The Department of Idaho's unique program
 - Part Two: "The American Legion saved my life"
 - Part Three: Lessons from the NYPD's peer-to-peer program
 - Part Four: From the brink to counseling others
- All episodes are available at legion.org/tangoalphalima, or legion.org/legiontv for the YouTube version.

The research shifted the perception of PTSD and veteran suicide. Non-pharmaceutical treatments are widely available. More veterans openly discuss their struggles. Counseling is encouraged.

Still, more veterans and their loved ones need help. That's where Rudd anticipates the Be the One campaign making a significant difference.

"I can't imagine a more appropriate and finer group to be partnering with," Rudd says. "When educational opportunities are made available, training opportunities are made available, to become aware of not just signs and symptoms of potential problems, but how to effectively respond to those, and help identify resources that might be available for veterans in need, and then help those who are hesitant to access those resources."

Oftentimes, people "recognize a veteran in pain. But they don't know, one, how to identify and access good resources for treatment. Two, if they do identify those resources, how to actually help convince a veteran it's in their best interest to pursue treatment. Treatment hesitancy is arguably the second-biggest problem to stigma."

Digital therapy Rudd's research has opened the door to further exploration for solutions – including a clinical trial of a digital therapeutic aimed at improving access to care, particularly for veterans hesitant about treatment.

Once the FDA approves the digital format, the app will be available. "You can do it individually, with total privacy and confidentiality through your phone. But if you want to engage a clinician, that alternative is available."

The grant that funded the digital therapy concept also covers work at Ohio State University led by Craig Bryan, one of Rudd's protégés.

The two men met at Baylor University, where Bryan was getting his doctorate. "From the start of my training and career, he was a mentor," he says. "Everything he touches turns to gold."

They stayed in touch when Bryan deployed to Iraq with the Air Force. After he returned to Texas, Rudd hired him at the University of Utah as a research fellow. Bryan moved to the campus and joined the center's leadership in 2012.

Now director of the Division of Recovery and Resilience at Ohio State, Bryan credits Rudd for fostering innovation and using empirical methods.

6.8% Americans who will have PTSD at any point in their lives

12.9% Veterans diagnosed with PTSD, according to a 2017 study

30% Vietnam War veterans expected to have PTSD during their lifetimes

"So much in academia is short-term focus, and there's risk aversion," he explains. "He looked at new ideas from an investment perspective. If you put enough into it, that could be what it takes for something to succeed, and then you have this really impactful outcome."

Bryan believes his mentor's influence will only grow through the Rudd Institute for Veteran and Military Suicide Prevention, dedicated at the University of Memphis in March.

"I think one of the legacies of the Rudd Institute ... is this willingness to not be so afraid of everything," he says. "That's when many of our most important advances in medicine occur."

The future The Rudd Institute's mission is to translate the scientific research to clinical service delivery, Rudd says. His vision is to continue various trials, develop new concepts and operate a treatment facility within two years.

"Often veterans simply don't understand what's involved in treatment or what the expectations are. It is about learning emotional management skills. That is the heart of what we do."

What would success look like to Rudd?

"That we actually translate some of what we find into policies that direct how troops are deployed and utilized," he says. "Then on the other end, we would have broader availability of private alternatives for treatment available to veterans ... not everyone has ready access to a VA facility, nor does everyone want to access a VA facility." He envisions "a much more extensive, broad-based clinical delivery system nationally, that gave veterans private alternatives, and then trained local practitioners in empirically informed approaches they know work with veterans." ☈

Henry Howard is deputy director of media and communications for The American Legion.

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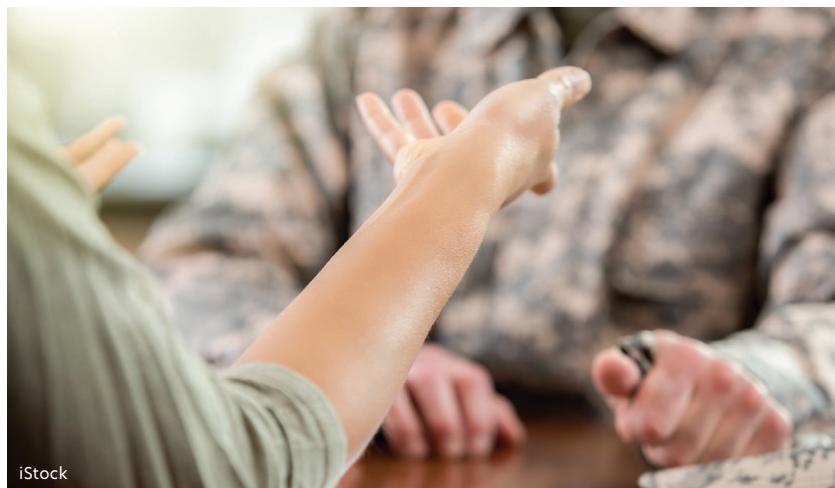
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Intensive therapies show promise at Ohio State



An active-duty member of an elite special forces team was troubled. His trauma stemmed from his experience during a brutal coup in Haiti.

The servicemember, from North Carolina, requested help from his unit's medical officer. "Can you treat him?" the officer asked Dr. Craig Bryan, who at the time worked at the National Center for Veteran Studies at the University of Utah.

The two-week intensive trial not only helped the patient heal, but it put Craig on the path of using the therapy to treat hundreds of other veterans at Ohio State University's STRIVE (Suicide and Trauma Reduction Initiative for Veterans).

"He was the test case and improved very fast," says Bryan, director of Ohio State University's Division of Recovery and Resilience and American Legion member. "That indicated this is a viable treatment. It was a medical tourism model, where you no longer have to be confined or limited to what the clinicians know in your area. You go to the clinician."

Patients go to one-hour daily therapies for 10 straight weekdays, rather than weekly counseling sessions over months or years.

A former Air Force clinical psychologist, Bryan was drawn to the concept during his deployment to Iraq. As director of the traumatic brain injury clinic at Joint

Base Balad, he saw success in daily therapy sessions with servicemembers.

At Ohio State, 90% to 95% percent of participants use virtual therapy. Whether the veteran chooses telehealth or in-person visits, the process is the same:

- The veteran completes a 30-minute online screen, answering questions about symptoms and problems.
- A psychologist conducts a phone or virtual interview, following up on the online screen and gathering information on the veteran's history of head injuries, medical record and more.
- Next is a structured interview to confirm PTSD. "That can be challenging for some veterans, because we're asking them questions about what happened. How has this affected your life?" Bryan says.
- Once PTSD is confirmed, a counselor contacts the veteran to schedule sessions and lay out the rules, which include a quiet, private room, and no kids, pets or other distractions.

Bryan's team tracks the veteran's symptoms at the start, midpoint and end. "We follow up with the veteran usually at about six and then 12 months."

Booster sessions are available if the veteran needs additional help. The counselor reinforces the skills taught during the earlier sessions.

"The implication for veterans is profound," Bryan says. "Think of those Vietnam vets who have struggled for decades. We've learned a lot from them. My hope is that in the future, we can use these more intensive, accelerated models to more rapidly help veterans recover, so they don't have to spend decades with nightmares, isolation and anxiety."

76%

Reduction in suicide attempts among those who undergo the treatments

70%

Veterans and servicemembers who no longer have PTSD after treatment



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Virtual reality as PTSD therapy

A soldier dealing with post-traumatic stress disorder relives the episode he cannot escape. While he navigates the Humvee through the darkness just outside Mosul, Jones is on his right, scanning the horizon. Hernandez and Smith are in the back, on high alert.

Suddenly, an IED goes off. The Humvee is on its side. Only the driver survives the fiery crash.

It's not a dream. It's virtual reality. And it's one of the ways Emory University is using prolonged exposure therapy to treat veterans suffering from PTSD, says Barbara Rothbaum, executive director of the Emory Healthcare Veterans Program and a clinical psychologist.

"It has more evidence that it works than any other intervention for PTSD, including two FDA-approved medications," she says. "And it's worked across the world. The symptoms of PTSD are part of the normal response to trauma. Everybody experiences them. We think that part of how PTSD develops is because people end up avoiding thinking about it. They don't emotionally process it right after it happens."

When undergoing treatment with virtual reality, a veteran articulates details of the event to a trained clinician. The therapist then updates what the veteran sees in the virtual world in real time:

"Jones is sitting on my right, singing country music. Again."

"Fifty meters away, an Iraqi man darts around the corner out of sight."

"An IED flashes, then everything goes dark."

Currently, a small fraction of participants undergo virtual reality treatment. But Emory uses prolonged exposure therapy for each veteran.

In groups of 12 to 14, they begin their two-week journey at Emory. Therapists prescribe specific treatments for each individual. A therapist will meet one-on-one with a veteran for 90 minutes each day. During that time, veterans will close their eyes, return to the traumatic event and recount it out loud repeatedly. For homework, they are required to relisten to their accounts each day during the sessions. And the group meets together for two hours daily.



Courtesy Barbara Rothbaum

Rothbaum, who has been researching and working on PTSD solutions since 1986, says the concept is to have the veteran experience and process the incident, rather than try to bury it.

"Our military folks are trained not to pay attention to their emotions," she says. "At some point you need to put it all back together and have your human response to what happened. But for a lot of reasons, they don't. It's painful. So we think that avoidance leads to the development of PTSD."

Some veterans focus on the fact that nothing can change what happened. For Rothbaum, it's about processing the incident.

"The problems people are having right now are more likely due to PTSD, depression or substance use. And that we can change. I've become a real believer in the resilience of the human spirit. I will hear stories, and wonder how someone could get over it. And then they do with this therapy."

Emory's program is free for veterans. To learn more, visit emoryhealthcare.org or call 1-888-219-6052.

Two weeks to relief

In an Emory study measuring the effectiveness of prolonged exposure therapy, 280 veterans diagnosed with PTSD went through individual therapies. Participants were screened before the program and every three months afterward. After one year:

- **44%** showed large reductions in PTSD symptoms
- **41%** showed significant reductions
- **15%** showed modest reductions

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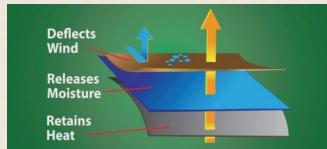


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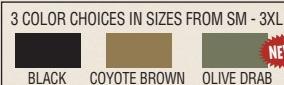
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BY ALAN W. DOWD

THREATCASTERS

Fiction writers have long imagined the unthinkable, offering the military a tool to predict and prepare for future wars.

Army photo by Spc. Michael Baumberger

“We have a perfect record in predicting future wars,” Gen. H.R. McMaster observes. “And that record is zero percent.”

This warrior-scholar knows well what many Americans overlook: Our enemies often surprise us because too many policymakers – both civilian and uniformed – fail to think creatively about our enemies.

What if we are, yet again, failing to predict and thus prepare for the next war? One of the best ways to address that question is to think in unconventional ways. And perhaps the best way for military and civilian leaders to do that is to dive into the deep reservoir of fiction writing, which has an impressive track record of identifying national-security threats before they emerge.

TERROR TACTICS Policymakers and pundits use words like “unthinkable” and “unimaginable” to describe military attacks, fast-emerging threats and other national-security surprises. Yet in most cases, novelists and other strategic thinkers have already thought about the “unthinkable” and imagined the “unimaginable.”

Consider the 9/11 attacks. They were many things – horrific, terrible, devastating – but they were not unthinkable or unimaginable. Tom Clancy’s 1994 novel “Debt of Honor,” for example, culminates with a commercial airliner plowing into the Capitol. Dale Brown’s “Storming Heaven,” also published in 1994, posits terrorists using a 747 to attack civilian targets. The cover of the book literally depicts a jumbo jet careening toward the Capitol Dome.

PRC PREDICTIONS In the past decade, Beijing has stood up a 21st-century military, absorbed Hong Kong, threatened to attack Taiwan, constructed a constellation of militarized islands in the South China Sea, and gained strategic footholds in Latin America, Southeast Europe, Africa and Southwest Asia. Further, Beijing has mushroomed its stockpile of nuclear weapons, brandished an arsenal of space-based weapons, exploited cyberspace to wage a hack-and-harvest assault against U.S. industry, unleashed a high-tech Orwellian surveillance state at home, thuggishly leveraged a pandemic for geopolitical advantage abroad and triggered a new cold war.

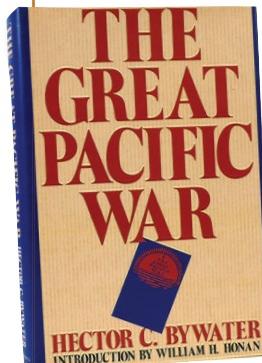
For policymakers and pundits who soothingly spoke of China's "peaceful rise," all this is unexpected and unbelievable. Yet Richard Bernstein and Ross H. Munro foresaw Beijing's bellicose shift in their 1997 book "The Coming Conflict with China," which warned that PRC aggression and Western naivete would open the way for "the major global rivalry in the first decades of the 21st century."

That same year, Humphrey Hawksley's and Simon Holberton's "Dragon Strike" contemplated the consequences of an expansionist-militarist PRC and an accommodationist United States. In 2000, a piece in *The American Legion Magazine* warned that Washington and Beijing were entering "a second cold war" and described how Beijing was "in the midst of the greatest military buildup on earth - a buildup aimed at reclaiming Taiwan" and "challenging America."

As for China's tech-enabled surveillance state, that was foreseen in George Orwell's "1984" (1949), a nightmare vision of a society where the state can monitor, control and punish everything its subjects do. "Big Brother is watching you," Orwell wrote. Always watching, always listening.

China's majority population, deprived of individual freedom by the state's omnipresent and increasingly omniscient technologies, knows such an existence. And China's minority populations - Christians, Uyghur Muslims, Tibetan Buddhists - know something else Orwell predicted. "If you want a picture of the future, imagine a boot stamping on a human face - forever." So prescient was 1984 that "Orwellian" has become synonymous with dystopian dictatorships like the PRC.

VIRAL VISIONARIES America is weathering a relentless cybersiege, ranging from China's theft of military technologies and control over personal data on



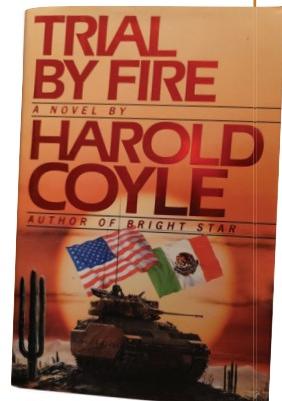
Tokyo's treachery

In describing the Japanese attack on Pearl Harbor, President Franklin D. Roosevelt used words like "suddenly" and "surprise." Yet Hector Bywater's 1925 novel "The Great Pacific War"

foresaw a conflict initiated by a string of surprise Japanese attacks - including kamikaze attacks - against U.S. forces and bases across the Pacific. As far back as 1910, airpower visionary Billy Mitchell predicted Japanese airstrikes against U.S. warships.

Border bedlam

Policymakers seem repeatedly surprised by the tidal waves of illegal immigrants crashing into America's southern border - and by the cascade of consequences



inside the United States. Yet Harold Coyle's "Trial by Fire" (1992) describes a Mexico unraveling in the wake of corruption and narco-warlordism - and how the ensuing chaos spills across the border and inexorably draws in the U.S. military. Casper Weinberger's and Peter Schweizer's "The Next War" (1998) sketches a scenario involving a "mass exodus of weary and hungry" immigrants "driven north by the chaotic situation inside Mexico" - and how this would strain social-welfare programs and spawn national-security challenges.

millions of Americans to Russia's attacks on critical infrastructure and interference in political-electoral processes. A common reaction is, "How could this happen?"

Fiction and futurism offer an answer. Winn Schwartau's "Terminal Compromise" (1993) envisioned our enemies using "viral" software to wage "computer warfare" that cripples the U.S. banking system, transportation infrastructure, communications infrastructure and government computer networks. That same year a RAND study warned, "Cyberwar may be to the 21st century what blitzkrieg was to the 20th." Clancy's "Debt of Honor" predicted the use of computer "bombs" to target America's financial industry and economy.

RUSSIA'S RE-EMERGENCE Russia devolved from a fledgling democracy and partner in stabilizing Europe in the 1990s into an authoritarian regime bent on reconstituting the Russian Empire in the 2000s. Post-Soviet Russia's path – invasions of Georgia and Ukraine, military deployments and combat ops in the Middle East, threats against NATO members, weaponizing natural gas – has been called "unexpected" and "shocking."

Yet in "Russia 2010" (1993), Daniel Yergin and Thane Gustafson described the possibility of post-Soviet Russia's shift from democracy to authoritarianism, with kleptocrats, the military and internal security forces running a "regime (that) rules by decree." Such a regime, they predicted, would be characterized by "Russian nationalism and resentment of the West," wield natural gas as a weapon, seek to reincorporate territories with ethnic Russian populations, and stoke confrontations in eastern Ukraine and the Crimea. Such a confrontation, they bluntly concluded, "is one of those surprises that should not be a surprise at all."

PAST IS PROLOGUE Like latter-day Cassandras, novelists continue to offer a glimpse of what lies ahead if our leaders continue to think unimaginatively about our enemies.

Cold War II with China – like Cold War I with the USSR – promises to be costly, draining and

The Center for Strategic and International Studies recently issued a report built around 18 vignettes that "represent plausible futures" – including a targeted Chinese decapitation of U.S. leadership, the use of cyber timebombs to cripple U.S. satellites, a Russian blitzkrieg through the Baltics, and the manipulation of social media, use of cyber blackmail and zeroing-out of bank accounts to paralyze America's Indo-Pacific forces.

Meanwhile, the Atlantic Council's "Art of Future Warfare" project turned to more than a dozen futurists and novelists to develop "creative approaches to understanding armed and social conflict." Former Joint Chiefs Chairman Gen. Martin Dempsey said the effort helps "shed the shackles which bind us to our current constructs and instead imagine things as they might be, for better or for worse."

including tense. Yet as America grasped early in the global contest with Moscow, a cold war is preferable to another world war. August Cole's and P.W. Singer's "Ghost Fleet" and James Stavridis' and Elliot Ackerman's "2034" are sounding the alarm over what a full-blown military conflict with China would look like – and why we must develop new alliances, weapons systems and strategies to deter Beijing and prevent Cold War II from turning hot.

Russia has lopped off parts of Ukraine and Georgia. The warning offered a quarter-century ago by Weinberger and Schweizer is that, without a firm and unified response from NATO, a revisionist Russia will try to salami-slice its way through Ukraine, the Baltics and Poland.

Given North Korea's nuclear arsenal and Iran's nuclear aspirations, the possibility of high-altitude detonation of nukes to carry out EMP attacks is increasing. And given al-Qaida's efforts to acquire nuclear weapons and Pakistan's nuclear-weapons vulnerabilities, the possibility of terrorists gaining access to nukes is increasing as well. In 1984, Whitley Strieber's and James Kunetka's "War Day" described the devastating

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effects of EMPs and nuclear fallout. In 1991, Clancy's "The Sum of All Fears" sketched the chaos terrorists could unleash by detonating a nuke in a U.S. city.

In the past 30 years, mankind has begun to peer again inside the Pandora's box of chemical and biological agents. Mustard gas in Iraq, sarin and anthrax in Tokyo, anthrax in D.C. and Manhattan, chlorine and sulfur in Syria, VX in Kuala Lumpur, MERS-Coronavirus in the Middle East, Novichok in England, Ebola in western Africa, COVID-19 in Wuhan – some of these were let loose by acts of nature, others by incompetence, still others by intention. Regardless of how they were unleashed, we were unprepared and still seem unable to fully grasp the destruction purpose-built bioweapons could inflict on our free society.

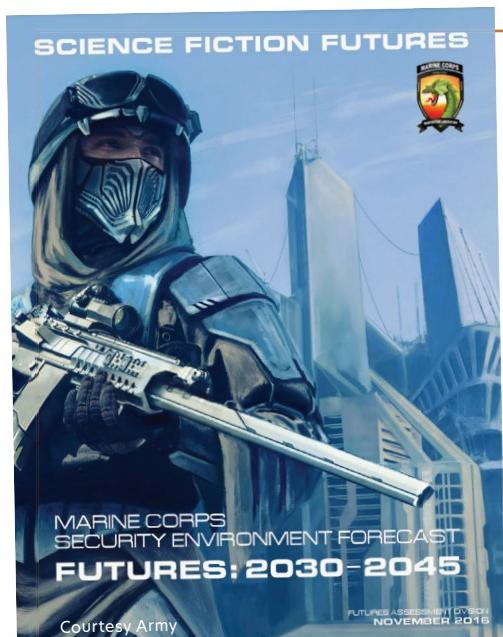
Yet Clancy's "Executive Orders" (1996) and Richard Preston's "The Cobra Event" (1997) detail what our enemies could do with weaponized viruses. Equally compelling and dispiriting is what was written not by novelists but by scientists like Donald Henderson, who worried how government might respond to a 21st-century pandemic – and warned against it in 2006.

THINKING OF THREATS The list goes on. The imagination can drift into some dark places when trying to think through unforeseen dangers: a space Pearl Harbor crippling America's satellites, a drone-swarm pummeling the Super Bowl, a jihadist group laying siege to churches, hospitals, schools and other soft targets, or container ships being used to mount Trojan horse attacks. The list of what's "unthinkable" but all too possible is endless.

Some dismiss this as fearmongering or warmongering. But this sort of thinking can help us contemplate a broader range of threats, sharpen how we understand the behavior of our enemies and prevent conflict by preparing for worst-case scenarios.

Others worry that writing about the "unthinkable" will give our enemies ideas. But they have already contemplated much worse. The challenge is to try to think like them – and to think ahead. A good place to start is in the fiction section. ¶

Alan Dowd is a senior fellow with the Sagamore Institute Center for America's Purpose.



Military historian Andrew Liptak reports that various groups "within or adjacent to the military have increasingly turned to science fiction, using anthologies, graphic novels and books to visualize the battlefields we might someday find ourselves fighting in."

"Returned" might be more accurate, as Liptak adds that military thinkers have "used science fiction off and on for more than 100 years." He points to an 1871 novella by a British colonel warning about "Germany's aptitude for mechanization and movement on the battlefield."

- The Army Cyber Institute at West Point commissioned futurists – employing a methodology known as "threatcasting" – to write stories that "model possible future threats." A collection of those stories – with titles such as "Quantum Winter," "Dark Hammer," "Insider Threat," "11-25-2027" and "Silent Ruin" – is available at cyber.army.mil/work-areas/threatcasting.

- The Marine Corps Warfighting Laboratory has unveiled a science-fiction anthology titled "Futures: 2030-2045," available via Google search.
- NATO's fiction-based project, "Visions of Warfare 2036," is available via Google search.

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Adventure cyclist Erick Enrique Cedeño and Buffalo Soldier re-enactors Ron Jones and Bobby McDonald, from left, stage a five-mile ride from the Historical Museum at Fort Missoula to downtown Missoula.

'Like a family reunion'

*Legionnaires among those in Missoula, Mont.,
commemorating 125th anniversary of
Iron Riders' 1,900-mile bicycle ride.*

BY STEVEN B. BROOKS
PHOTOS BY JERIC WILHELMSEN

Thirty years ago, while collaborating on a book about the legacy of historically Black schools within the landscape of college football, California Legionnaire Bobby McDonald came across something he didn't know: that in 1866, the 62nd and 65th U.S. Colored Infantry Regiments had pooled their resources to come up with \$5,000 to incorporate Lincoln University in Jefferson City, Mo. That prompted McDonald to learn all he could about the Buffalo Soldiers – an enthusiasm that was on full display June 14-19 in Missoula, Mont.

A member of Newport Harbor American Legion Post 291 in Newport Beach, Calif., McDonald was one of the primary organizers of

the Buffalo Soldiers Iron Riders Gathering, in commemoration of the quasquicentennial of the group's historic bicycle ride from Missoula to St. Louis. In 1897, members of the fledgling 25th Infantry Bicycle Corps left Missoula for a 41-day, 1,900-mile ride to St. Louis. All Black enlisted Army personnel, known as Buffalo Soldiers, they were greeted by a crowd of more than 10,000 when they arrived in Missouri.

The weeklong gathering kicked off with a five-mile community bicycle ride and ended with a Juneteenth celebration at Fort Missoula. In between were an opening ceremony, presentations from re-enactors and historical experts, an Iron Riders Salute at a baseball game,

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Bobby McDonald throws out the first pitch at a June 15 baseball game between the Missoula PaddleHeads and the Great Falls Voyagers.

a film festival and a high tea. For McDonald and other re-enactors, the purpose of the event was to illuminate an underappreciated and often unknown part of American history.

"There are positive stories about what the Buffalo Soldiers did," he said. "They built these towns. They marshaled the towns. They paved the roads. They painted the buildings. They were the law."

"The bottom line here is education. It's positive history and engaging different people. I'm very blessed to be involved with this."

Also passionate about telling the Buffalo Soldiers' story is Ron Jones, a member of American Legion Post 46 in Culver City, Calif., and a Navy veteran who served as a nuclear specialist on submarines. He was the only Black engineer on the three subs to which he was assigned; only later did he understand who made it possible for him to serve in the military specialty he did: men like his father, a World War II Army veteran and Buffalo Soldier.

Jones' father was one of the founders of the Ninth & Tenth (Horse) Cavalry Association, of which Jones is a member. After his father suffered a heart attack and underwent a quadruple bypass, Jones began to see him in a new light.

"He still was really active with the (Calvary Association) ... and was like, 'Look, if I have to go to the meetings, I'll take you.' In my mind ... it was just a lot of old guys who got together and talked about their time in the military. I didn't

give a lot of thought as to the significance of their service. It didn't even dawn on me."

When he attended a meeting and heard some stories, Jones' perspective changed.

"I realized that these guys own a significant role," he said. "If it wasn't for these men, who showed this country that if you give a Black man some kind of equal opportunity, if you give them the proper training and then stand back and watch what they're capable of doing ... they proved that we as Black people can make a significant contribution to our country via our military service."

"What they ended up doing was showing the country that there was a role for these minorities, and they're very good at what it is that they do. And I realized that ... if it wasn't for the Buffalo Soldiers, who opened the door and showed this country what a minority could do, I would never have been given the opportunity to serve as a nuclear engineer."

The Buffalo Soldiers' influence on U.S. military history is far-reaching.

"You wouldn't have all the other minority regiments that really proved themselves," Jones said. "If it wasn't for the Buffalo Soldiers, we wouldn't have the Tuskegee Airmen or Montford Point Marines or the Triple Nickels parachute unit or the Harlem Hellfighters or the 761st Tank Battalion. All these other Black regiments went on to distinguish themselves in the military because of the Buffalo Soldiers."

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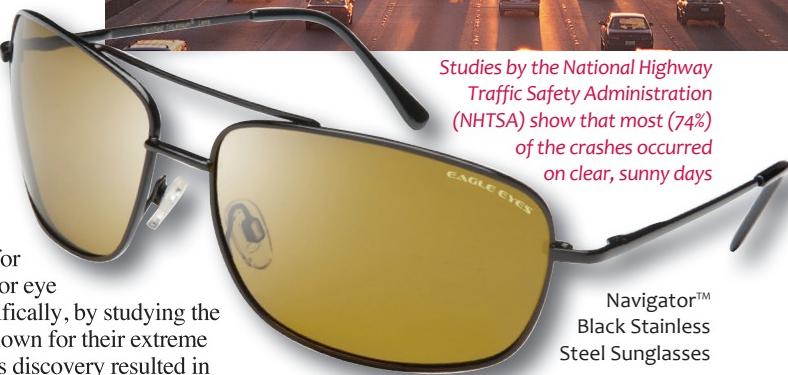
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Kevin Smith, an interpreter with Missouri State Parks, gives a presentation on the 25th Infantry Bicycle Corps' historic experiment.

Watch a video about the Buffalo Soldiers Iron Riders Gathering:
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magazine/videos](http://legion.org/magazine/videos)

wouldn't have the 442nd Combat Regiment (all Japanese) or the Navajo Code Talkers, Jones adds. "They opened the door for all the minorities that came after them."

While Jones and others used the Iron Riders commemoration – and other Ninth and Tenth (Horse) Cavalry Association reunions and gatherings – as an opportunity to educate, they also enjoy renewing and building friendships they've made through shared interest in the legacy of the Buffalo Soldiers.

"It's like a family reunion," said Army National Guard retiree Leanna Rogers, the association's assistant treasurer and a member of the Greater North Carolina Chapter. "We develop a bond with each other. If you're in their town ... they offer to show you anything, take you out to eat, offer you a place to stay. It's like an extended family."

Jones, Rogers and others attending the commemoration were special guests June 15 at the Missoula PaddleHeads baseball game, where McDonald threw out the first pitch. On a deck overlooking the field, Maryland Legionnaire Michael Theard – a 23-year Army veteran and president of the Ninth and Tenth (Horse) Cavalry Association – talked about the common bond shared by re-enactors: the desire to educate Americans about the Buffalo Soldiers, partly through events like the Iron Riders Gathering.

"I think it's an awesome opportunity," Theard said. "This is the reason why our association exists: to promote opportunities to commune

with the locals wherever we are and share the legacy, history and achievements of the Buffalo Soldiers. Those guys served during some of the most exclusionary timeframes of the early development of this country. We have children throughout this country who are not aware of some of the challenges and the obstacles that these guys had to overcome.

"In community college, a four-year institution and even graduate school, none of that information had I been exposed to. I don't want the obscure segments of American history and Western expansion to ultimately disappear because they're not being shared."

Similarly, Jones didn't know about the Iron Riders until he'd done some research on the Buffalo Soldiers. An avid cyclist who routinely participates in 100-mile rides, he's made the Iron Riders the focus of his message for two decades now and is pleased to see them finally getting their due.

"This bicycle experiment that was performed is considered the greatest cycling experiment ever undertaken by men in the military," Jones said. "They weren't chosen because they were Black. They just happened to be in the right place at the right time. I am so pleased ... that here we are now getting press coverage, national coverage ... this is great. It's beyond my expectations where we are today." ☮

Steven B. Brooks is social media manager for The American Legion.



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On the 78th anniversary of D-Day, Legionnaire Valerie Prehoda celebrated the Lone Sailor's arrival at Utah Beach.

Across the sands of time

Legionnaire, inspired by her Utah Beach neighborhood namesake, honors the frogmen of World War II and helps bring the Lone Sailor to Normandy.

PHOTOS AND STORY BY JEFF STOFFER

Marine Corps Lt. Col. Valerie Prehoda was looking for a place in France to enjoy her retirement after a career in service that included combat deployments in the Middle East and various commands from Albania to Yuma, Ariz., Okinawa and Washington, D.C. “Interesting billets,” she says. “Super-interesting billets.”

Retirement from the Marine Corps and Marine Corps Reserve would not change her global nature. “I’m Franco-American,” she explains. “My mother is from Bordeaux, and my father is an Air Force veteran. They met in France. I always thought I would buy a house in France when I retired from

civil service. I always thought it would be in the Périgueux or Dordogne areas (not far from Bordeaux).”

In 2014, she went to Normandy to visit the D-Day battlefield monuments and memorials. “When I got to Utah Beach, I fell in love with the place. I don’t know why. So I changed the search engines on my realty internet sites. One day, this house popped up, and a week later I was on a plane to buy it – first American to be on the beach since 1944!”

Soon after moving into the small cluster of houses fronting Utah Beach, she encountered the name of a man who would change her life: Angelos

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A home on Utah Beach introduced the retired lieutenant colonel to World War II frogman Angelos Tom Chatas, which led her to start an association that has now erected two Navy memorials in Normandy, including the 18th Lone Sailor statue.

Tom Chatas. Her neighborhood was named in his honor, and a small sign served as a memorial to him. She had no idea who he was.

"When I got here, I asked the neighbors, 'Who is Angelos Chatas?' That's obviously a name. Well, turns out he was one of the first of our guys on the beach on D-Day. They didn't really know too much about him, but they recalled that he used to come here on D-Day ceremonies. So, I started doing some research and found out he was one of the first NCDU (Navy Combat Demolition Unit) frogmen on the beach at D-Day – unbelievable – about 500 meters north of my house."

She discovered that Chatas, a Chicago native and son of Greek immigrants, had been a Seabee before he volunteered and was chosen for NCDU duty, predecessor to today's Navy SEALs. "A lot of the first-generation NCDU were taken from Seabees because Seabees are engineers. For de-mining and getting rid of obstacles, who else would you go to? You would go to an engineer. This was a proof of concept. Because they proved themselves to be so incredibly effective, the units morphed to UDTs, which stands for Underwater Demolition Teams, and then they turned into the SEALS."

Chatas was among the Navy frogmen and Army engineers who came ashore at about 6:15 a.m. on D-Day to dismantle mined obstructions and create

lanes of access before the massive first wave on June 6, 1944. Wounded by German artillery, Chatas refused evacuation to continue clearing the way for the invasion that breached Germany's Atlantic Wall and opened the path to victory in Europe in World War II. Six Americans were killed that morning in the pre-invasion operation at Utah Beach, and 11 were wounded. "Chatas refused medical attention because he didn't want his wife to get the dreaded telegram – that's the kind of man he was. He didn't want to worry his family, and he wanted to complete his mission."

After the Americans – including Brig. Gen. Theodore Roosevelt Jr., a founder of The American Legion – broke through to the interior, the frogmen were "underneath the cognizance of the beachmaster to help with transportation control, picking up scrap and all kinds of other stuff," Prehoda says. "The NOIC – naval officer in charge – of Utah Beach was an amazing guy, Capt. (James Earl) Arnold. There is no doubt in my mind that Angelos and his team worked under the cognizance of Arnold."

Arnold was another discovery. "I found out about him last year when the Airborne Museum at Ste. Mère-Église was cleaning out their archives and found a box with all this Navy stuff in it. They called the Utah Beach Museum and asked if they

wanted it. The curator said sure. They got it and asked me, because it was all in English, to come down and take a look and see if this was important. I started reading it, and said, 'My God, do you know what you have here? You have the blow-by-blow, day-by-day, minute-by-minute wartime journal of the naval officer in charge of Utah Beach!' Before reading his account of that day, and the days that followed, I never got a good appreciation for what the war was like on Utah Beach. You always hear about Omaha, of course, for the horrendous battle and casualties there."

She studied Arnold's journal – which included an encounter with Roosevelt Jr. in a makeshift headquarters on Utah – and plowed deeper into the Navy's story in Normandy and elsewhere in the European theater.

In August 1944, Chatas and his fellow frogmen were redeployed to southern France to blow up cables and other traps the Germans had set to deter an Allied landing on the Mediterranean coast. His mission included setting explosives to mined German buoys, lighting 3-inch fuses and paddling by kayak as fast as possible to escape harm. Also during that time, he captured three German prisoners, Chatas told *The Washington Post* in 1994, among 27 who surrendered to the U.S. Navy demolitions unit.

After the war, Chatas went to the University of Texas, earned a degree in petroleum engineering and embarked upon a successful career in the oil industry that took him around the world. Many years, he would mark off the first week of June for a return trip to Normandy to honor the memories of those who did not come home.

"He was an incredible man," Prehoda says. "His family can't say enough about how he was just full of life – a sweet guy, who never really talked about his D-Day experiences ... like most of the guys from that period. But he would come back every year he could, and he actually got the Legion of Honor from President (François) Mitterrand (in 1994). He was honored several times at Ste. Marie-du-Mont. The last time he was here was in 2009, in June, and he passed away in September 2009."

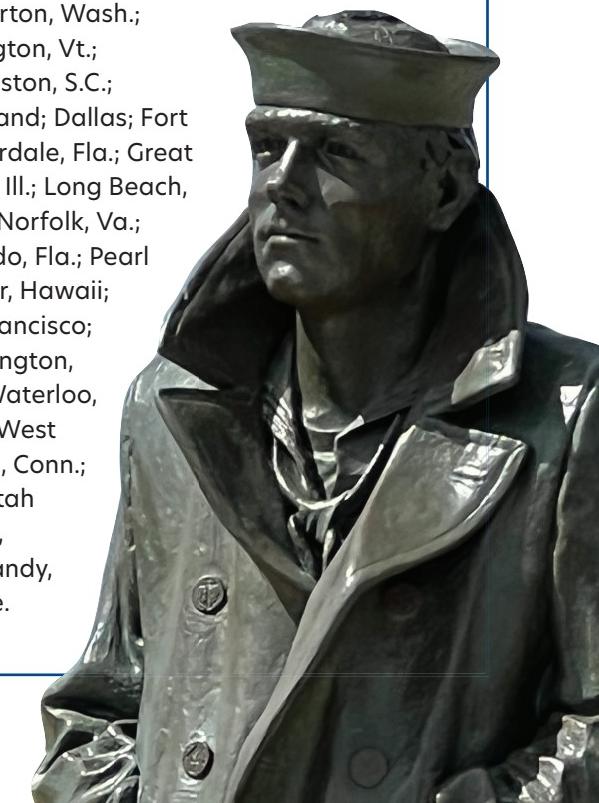
Prehoda dug deeper the more she learned about him. "I actually found his daughter, who is not much older than me – and she lives in Illinois. Now we have become like sisters. Because of him,

The Lone Sailor

The Lone Sailor, originally sculpted by World War II Navy veteran Stanley Bleifeld, "signifies the men and women who have served, are serving, or will serve in the Navy," according to the United States Navy Memorial website. "He's called the Lone Sailor, yet he is hardly ever alone. He is about 25 years old, a senior second-class petty officer who is fast becoming a seagoing veteran. He has done it all: fired weapons in war, provided humanitarian assistance in far-away lands, been attacked by the enemy and defended our freedom. He has made liberty calls in great cities and tiny villages where he was a tourist, ambassador, adventurer, friend and missionary to those less fortunate. His shipmates remember him with pride and look up to him with respect."

The first Lone Sailor statue was dedicated Oct. 13, 1987, at the U.S. Navy Memorial in Washington, D.C., cast in bronze with fragments from USS *Constitution*, USS *Constellation*, USS *Maine*, USS *Biloxi*, USS *Hancock*, USS *Seawolf*, USS *Nautilus* and the steamer *Hartford*.

Today, there are 18 worldwide: Adelup, Guam; Baton Rouge, La.; Bremerton, Wash.; Burlington, Vt.; Charleston, S.C.; Cleveland; Dallas; Fort Lauderdale, Fla.; Great Lakes, Ill.; Long Beach, Calif.; Norfolk, Va.; Orlando, Fla.; Pearl Harbor, Hawaii; San Francisco; Washington, D.C.; Waterloo, Iowa; West Haven, Conn.; and Utah Beach, Normandy, France.





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I started a small group called the Frogmen of Utah Beach." The primary purpose of the nonprofit association was to raise funds for a memorial to the frogmen at Utah Beach.

The association connected the U.S. Navy Memorial board of directors, Navy command in Europe, the City of Ste. Marie-du-Mont, the Utah Beach Museum and others, first for the privately funded memorial that was dedicated in 2019 and later, on June 6, 2022, for the first Lone Sailor statue outside U.S. territory. "Everyone got stoked about it," Prehoda says.

In 2019, on the 75th anniversary of D-Day, retired Cmdr. Mike Newell, a member of the Navy Memorial board of directors and a friend of Prehoda, was among dignitaries who helped dedicate the memorial to the frogmen. "I was moved to initiate recognition of some sort on this site where World War II began to end," he told the crowd. "The United States Navy Memorial desires to honor not only (Chatas) and those frogmen but all the Navy sailors, Marines, Coast Guardsmen and Merchant Marines – as well as all the members of the Allied forces – who came ashore here that morning in 1944, by placing a monument to their efforts for all to see for all time."

At the end of the 2019 ceremony, ground was broken for the Lone Sailor statue whose formal dedication had to wait until after the worst of the COVID-19 pandemic.

Because one thing typically leads to another for Prehoda, a member of American Legion Post 1 in Paris, her discussions with Newell and the Navy Memorial leadership led to last June's dedication of the world's 18th Lone Sailor statue, and the only one to date not on U.S. soil. Other Lone Sailor statues can be found from Guam to West Haven, Conn. Among the dignitaries who placed wreaths and participated in the June ceremony in France was American Legion National Commander Paul E. Dillard, a Vietnam War Navy veteran.

"The Lone Sailor is an iconic symbol of our Navy to honor, recognize and celebrate the men and women of the sea services past, present and future, and to inform the public about their service," Rear Adm. Brad Collins, commander of Navy Region Europe, Africa, Central, told the crowd at the long-awaited 2022 ceremony. "We could not have picked a more fitting setting. Today, this Lone

Sailor stands the watch – a sentinel in honor and solemn remembrance of those who came ashore on June 6, 1944. The Lone Sailor is an unwavering testament to their bravery, courage and willingness to fight and die for the values we continue to hold so dear, values so eloquently captured in the motto of the French republic: 'Liberty, Equality and Fraternity."

Also in Normandy for the dedication in June were family members of Arnold, who was also a member of The American Legion. "It's just a really incredible connection because I am sure that Angelos and his team worked for him," Prehoda says. "And I went to find (Arnold's) family, too. With the help of the Utah Beach Museum staff, I located his 92-year-old daughter in Albuquerque, have visited a couple times, and now we're good friends. I even had the honor of hand-carrying his binoculars from New Mexico to Normandy as a long-term loan to the Utah Beach Museum."

For the 78th D-Day commemoration, a great-nephew, Lloyd Draper, came from the United States with his daughter and sister to deliver Arnold's helmet to place in the Utah Beach Museum. "In the box that came from the Airborne Museum was a helmet liner, a belt, the journal. Now we're going to marry the helmet liner with the helmet. That helmet has now gained some international recognition, as it was a featured item in a recent 'Antiques Roadshow' program."

Chatas is buried in Dallas, and Prehoda has a tradition whenever she comes stateside that connects the former frogman of D-Day with his own vow to never forget those who did not survive the battle to liberate France.

"To get to my place in Alpine, Texas, I have to fly through Dallas most of the time, so I make sure I have enough lead time on my transfer so that I can rent a car and drive to the Restland Cemetery with some Utah Beach sand to put on his grave."

As it has been since her birth, the Franco-American connection runs deep for Prehoda, across generations, beyond time and across hallowed sands where two historic sailors she grew to love risked their lives for her future, and that of all others. ¶

Jeff Stoffer is editor of The American Legion Magazine.

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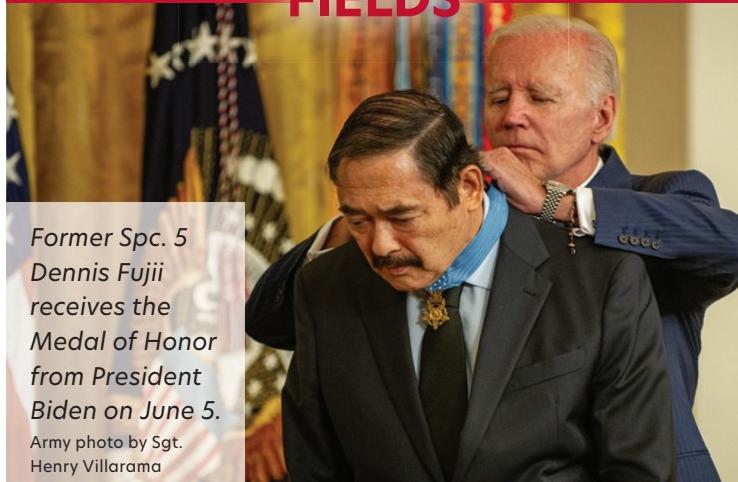
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UNFORGOTTEN FIELDS



Former Spc. 5 Dennis Fujii receives the Medal of Honor from President Biden on June 5.

Army photo by Sgt. Henry Villarama

CALM IN CHAOS

Army medic treated South Vietnamese troops on the ground in Laos, despite his own wounds.

BY KEITH NIGHTINGALE

The South Vietnamese incursion in Laos typified the chaos of war. And no soldier there brought more calm than Spc. 5th Class Dennis Fujii, crew chief on a U.S. Army medevac bird tasked with retrieving wounded South Vietnamese Rangers deep inside Laos. His presence was the greatest medicine.

On Feb. 18, 1971, the 237th Medical Detachment air ambulance carrying Fujii was on a mission to enter Laos and proceed to one of the westernmost Ranger base camps. This was part of Operation Lam Son 719, an invasion intended to cut off the Ho Chi Minh Trail. The North Vietnamese, reacting with extraordinary speed, had sent more than two first-rate divisions to the area, as well as a thick blanket of anti-aircraft fire regarded as some of the most intense in the entire war.

Comfortable in South Vietnam from any altitude, the tactical air and helicopters were forced to operate at exceptionally high altitudes and then only after maximum suppressive fire had been used. Into this environment Fujii flew.

The besieged Rangers had a small landing zone on the fire-swept hill. By now, the North Vietnamese Army (NVA) had targeted the entire area and were using multiple 20 mm, 30 mm and .51-caliber weapons to deny use. The helicopter made two passes under intense fire and was shot down on the third.

A second chopper succeeded in landing and recovered the crew from the crashed bird – except for Fujii, who was unable to load due to heavy fire. A retrieval attempt was made, but he waved it off as the fire was too intense.

Wounded himself, Fujii joined the Rangers and began administering aid. Using one of their radios, he connected with U.S. elements on the border and spent the next three days directing air and artillery fire to save the beleaguered unit.

The firing was so intense that Fujii had to stop transmitting so he could directly engage NVA infantry. For more than 18 straight hours, he directed air and artillery around the defense, effectively halting an entire NVA regiment with less than one reinforced company of Rangers.

On Feb. 22, a bird was able to extract a barely mobile Fujii. Hit, the helicopter crash landed at another Ranger outpost about 4 kilometers away. Anti-aircraft artillery prevented extraction until Feb. 25, when Fujii was at last airlifted to Phu Bai.

While on the ground, Fujii provided medical aid to more than 120 wounded South Vietnamese Rangers, calmly saving lives despite his own wounds in one of the war's most chaotic places.

He "repeatedly exposed himself to hostile fire as he left the security of his entrenchment to better observe enemy troop positions and to direct air strikes against them," Fujii's Distinguished Service Cross citation read. He bore responsibility for "the protection and defense of the friendly encampment until an American helicopter could land and attempt to airlift him from the area."

The Army upgraded Fujii's award, and on June 5, President Biden bestowed the Medal of Honor on him in a White House ceremony. ¶

Keith Nightingale is a retired Army colonel and two-tour Vietnam War combat veteran.



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STORY: JEFF STOFFER
ART: GARY MARTIN
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Texas, South Carolina teens nab air-rifle titles

Mikole Hogan and Samantha Zermenio held onto their respective first-place positions in the Precision and Sporter classes to be named champions of the 2022 American Legion 3-Position Junior Air Rifle National Championship in Colorado Springs, Colo., July 23.

"I just kept telling myself that I got this," said Hogan, who held off fellow Texan Camryn Camp to win the Precision title with an aggregate score of 2,486.8. "It's just me and that target."

Taylor Crane of Minnesota caught up to Zermenio for a tie after her seventh shot, but Zermenio captured the Sporter title with an aggregate score of 2,293.3.

"My coach taught me that it's not about winning," she said. "I can get eighth place as long as I know I did my best I just focused on the target and myself."

Hogan and Zermenio won \$5,000 college scholarships provided by The American Legion and Sons of The American Legion. Second-place finishers Camp and Crane each received a \$1,000 scholarship, provided by the American Legion Auxiliary.

- Cameran Richardson

Watch a video of the finals:
legion.org/magazine/videos

Precision

1. Mikole Hogan, Texas Houston Hotshots, 2,486.8
2. Camryn Camp, Texas Hill Country Shooting Team, 2,484.4
3. Elizabeth Probst, Texas Hill Country Shooting Team, 2,484.1
4. Emme Walrath, Grand Rapids (Mich.) Rifle and Pistol Club, 2,482.6
5. Braden Peiser, Texas Hill Country Shooting Team, 2,475.5
6. Brandon Evans, Lafayette (Va.) Gun Club, 2,475.2
7. Dylan Gregory, Central Illinois Precision Shooting, 2,467.6
8. Vittoria Watts, Lincoln Rifle Club-Lead Heads (Calif.), 2,460.3

Sporter

1. Samantha Zermenio, South Carolina Nation Ford Rifle Team JROTC, 2,293.3
2. Taylor Crane, Minnesota, 2,292.2
3. Austin Rahmig, Western Nebraska Shooting Sports, 2,283.7
4. Elaine Saint, South Carolina Walhalla High School JROTC, 2,254.9
5. Gavin Carrizales, Western Nebraska Shooting Sports, 2,253.1
6. Julia Winstrom, Nebraska Dead Eye Shooters, 2,238.9
7. Seth Carver, Virginia Warrenton Rifles, 2,233.7
8. Nikolas Jackson, Illinois Zion-Benton High School, 2,228.1



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Legion GI Bill multimedia testimony available online



Photo courtesy Architect of the Capitol

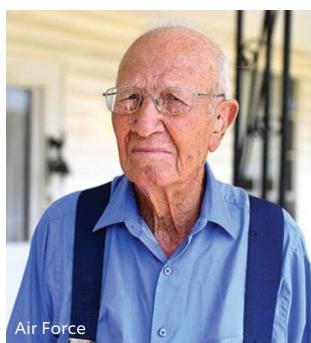
American Legion Veterans Employment & Education Division Director Joseph C. Sharpe Jr. testified July 20 before a congressional

subcommittee on a variety of GI Bill issues, including parity for members of the National Guard and reserves, and the need for VA to enhance and update online learning language in the post-COVID era.

Sharpe's testimony, "Modernizing Veteran Education in the Shadow of COVID-19," appears at legion.org/legislative/testimony in both written and video format.

American Legion staff members regularly testify or deliver statements for the record to Congress on issues matching up with the organization's legislative priorities. Video links to those appearances are available at legion.org/legislative/testimony.

The legion.org/legislative section includes the Legion's full legislative agenda, publications, links to federal agencies and congressional committees, and a link to the Legislative Action Center, a way for members to contact their representatives and senators on legislation supported by the Legion.



Air Force

"Me and my buddies did a job for America ... now it's time for new faces to take up the cause."

Bradford Freeman, last original surviving member of Easy Company, 506th

Parachute Infantry Regiment, 101st Airborne Division, at a May 2021 gathering celebrating his service. Freeman, who died July 3 at 97, parachuted into Normandy on D-Day with an 18-pound mortar baseplate strapped to his chest and was in every major engagement in Europe during World War II. Easy Company's experiences were chronicled in Stephen Ambrose's book "Band of Brothers," which was adapted for a 10-episode, Emmy-winning HBO miniseries in 2001. Sources: Columbus Air Force Base, NBC News



Xerox technician Dan Porter assembles a 3D printer head aboard USS Essex on July 9. Navy photo by Mass Communication Specialist 3rd Class Isaak Martinez

Navy warship tests 3D printing at sea

The amphibious assault ship USS Essex is now equipped with a 3D printer.

As *Popular Mechanics* reports, the addition of the high-tech system allows the crew to generate replacement parts for the ship's fleet of drones and other technologies dependent on precision items. Incredibly, the 3D print system can print metal parts out of materials such as aluminum. That allows Essex to create a range of specialty parts, including heat sinks, housings, fuel adapters, air valves and valve covers.

While U.S. warships often have machine shops to produce tool parts, they "have never been able to make something with the precision and intricacy that this new 3D printer will provide," Aviation Electronics Technician 2nd Class Jonah Waage said.

"The service hopes that additive manufacturing technology will allow it to save time and money, reducing the need to stock spare parts on hand," the magazine reports. The Navy "believes that 3D printers could someday become standard issue on every warship."

48%
Support in Ireland for joining NATO, in the wake of Russia's invasion of Ukraine Source: *The Hill*

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . ***The Zinger.***

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

-Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward,



Available in Green, Black and Blue (shown)



The Zinger folds to a mere 10 inches.

turn on a dime and even pull right up to a table or desk.

With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.



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(Zoomer Chair)



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The Zinger and Zoomer Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2022 Journey Health and Lifestyle



"This gets into some of the most sensitive things we do. It would impact our ability for essentially command and control with the nuclear triad If it is possible for that to be disrupted, then that is a very bad day."

Anonymous former FBI official, commenting to CNN on an investigation into Chinese-made Huawei equipment atop cell towers in the rural Midwest. According to multiple sources, the FBI determined the equipment was capable of intercepting commercial cell traffic and disrupting highly restricted DoD communications – including those of U.S. Strategic Command, which oversees the nation's nuclear weapons.

Counterintelligence by the FBI and other federal agencies points to a "dramatic escalation of Chinese espionage on U.S. soil in the past decade," CNN reports. "Since at least 2017, federal officials have investigated Chinese land purchases near critical infrastructure, shut down a high-profile regional consulate believed by the U.S. government to be a hotbed of Chinese spies, and stonewalled what they saw as clear efforts to plant listening devices near sensitive military and government facilities."



New Angel

For the first time, the Navy's famed Blue Angels will feature a female pilot in one of their aerial-acrobatics jets. As Military.com reports, Lt. Amanda Lee has been selected to fly one of the Blue Angels' F/A-18 Super Hornets. Lee – call sign "Stalin" – has served in the Navy since 2007, became an officer in 2013, earned the designation of naval aviator in 2016, and has a degree in biochemistry from Old Dominion University.



4.7 million

Parts in one U.S. amphibious assault ship

700

Companies that provide those parts

42

States in which those companies are located



MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

GI Bill covers license, certification tests

Q: I have been studying to become a fire/life safety educator in California. To be employed in this field, I am required by the state to complete all associated curricula and pass the certification exam. Since I have not used my Post-9/11 GI Bill benefits for these courses, is it possible to use them for the license fee?

A: The Post-9/11 GI Bill covers the cost of an approved license and certification test, and VA will reimburse up to \$2,000 for each test. To find out if your certification is approved through the State of California, go to inquiry.vba.va.gov. If it is not on the website, it may still be approved; VA requires a beneficiary to complete the Application for Reimbursement of Licensing or Certification Test Fees (VA Form 22-0803) to receive the GI Bill benefit.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org

Transformative NATO summit

The June 29-30 NATO Summit in Madrid, Spain, brought together all 30 Allied leaders and key partners from Europe and Asia. Among the headlines:

- Membership invitations for Finland and Sweden
- Expansion of NATO's rapid-reaction response force from 40,000 troops to 300,000
- Participation of Australia, Japan, New Zealand and South Korea in a NATO summit for the first time
- Establishment of a V Corps headquarters forward command post in Poland
- Commitment by the United States to deploy a rotational brigade combat team in Romania
- Enhanced rotational deployments of U.S. armored, aviation, air defense and special operations forces in the Baltic region
- Stationing of two additional U.S. destroyers in Spain
- Basing of two squadrons of U.S. F-35s in Britain
- Stationing of additional U.S. air-defense assets in Germany and Italy
- Confirmation that by 2024 28 NATO members will meet or exceed investment of 2% of GDP in defense



Wikimedia Commons

IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

"I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend."

— John, Men's Liberty user



Did you know that over 18%¹ or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty™ can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

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Directs urine away from the skin?	YES Completely external design collects fluid into a discreet pouch — leak-free	NO Traps moisture which stays in contact with skin causing discomfort or infection
Reduces the risk of infections?	YES More than 5 million Men's Liberty units have been sold, with reduced risk of infections or skin injuries	NO High incidence of diaper rash, sores, yeast infections and dermatitis
Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
Little to no out-of-pocket cost?	YES Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	NO Adult diapers are not covered by Medicare, costing users up to \$300 a month

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¹Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.



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Seven ways to fight inflation

When I wrote last fall about the danger of inflation, I was on board with all the talk regarding the "transient" nature of what we were seeing. At this point we are moving quickly from transient to chronic. From necessities like food and gas to the cost of home and car insurance, Americans are being hit hard across the board.

While there isn't a silver-bullet solution, here are seven ideas to help you cope:

Really revisit your spending. Hopefully, you're already doing this on a regular basis, but now I'm talking about going deep. For us, it was an absolute eye-opener. While our big-ticket expenses, house and cars have been steady, everything else is up significantly more than the 8% inflation in the headlines. What's worse, even our mortgage will likely see a bump once the skyrocketing real estate values (and associated taxes) catch up. Whatever the situation, the first step to a solution is really understanding it.

Assess the pain. Intuitively, you probably know when things just aren't right. Perhaps you're carrying a balance on credit cards when you normally don't. Maybe you've been hesitating on vacation plans or more selective in purchases. By getting up close and personal with your spending, you'll see what needs to change and develop a monthly target to close the gap.

Start on the margins. Look at cutting down or out purely discretionary expenses first. Endless streaming subscriptions, frequent eating out and online shopping come to mind. Hopefully, these cuts will fill the gap created by inflation. If not ...

Shift to a more deliberate and cautious approach.

I'm talking about necessary expenses done smarter. Taking the sedan instead of the truck on road trips, carpooling, revisiting your thermostat settings, and savvy food shopping leveraging sales and meal plans. Examine the personal property you own. Are there items you could turn to cash without creating a family crisis? If that doesn't close the spending gap ...

Consider big changes, and get the big decisions right.

Big changes could include looking at adjustments to your housing and transportation situation, temporarily reducing retirement savings or refinancing existing debts to reduce mandatory outlays. Be cautious when making large long-term commitments. In today's environment, less is more.

Don't promote your spending. Avoid self-induced lifestyle creep. Pay raises, promotions or windfalls that come in other forms should be safeguarded in savings to create flexibility in the future, not consumed before you get them.

Make more or ask for more. If you've ever thought about adding a part-time job, switching to a more lucrative job or starting up that side hustle you've been considering, now may be the time. Just be sure to find the balance in the "sometimes you have to spend more to make more" equation. If you're already working to your limit and are a valuable employee, maybe you can approach your employer about a raise.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. legion.org/usaa

Up, up and away

The Pentagon is turning to an old technology to keep an eye on China and Russia. *Politico* reports military leaders are mulling a plan to use high-altitude inflatables, flying as high as 90,000 feet, to augment the military's surveillance network.

Already, the Pentagon has invested \$3.8 million on balloon projects the past two years, and the military plans to spend \$27.1 million in fiscal 2023 to continue work on multiple efforts. High-altitude balloons could be especially effective in tracking hypersonic missiles.

"High or very high-altitude platforms have a lot of benefit for their endurance on station, maneuverability and also flexibility for multiple payloads," Tom Karako of the Center for Strategic and International Studies told *Politico*.



Army

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary “special herb” gives new life to old joints without clobbering you. So safe you can take it every day without worry.

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in Journal of Food Lipids reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National



*The active ingredient in **Mobilify** soothes aching joints in as little as 5 days*

Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you

can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get **Mobilify**

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-329-8454** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

Use Promo Code **AMLMBO822** when you call to secure your supply of **Mobilify**. Lines are frequently busy and due to heightened demand, supplies are limited. To secure your supply today, call **1-800-329-8454**.

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, e-mail reunions@legion.org or submit information online at legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. Due to the large number of reunions, **The American Legion Magazine will publish a person's listing twice a year**.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the ship or unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to

The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid Up For Life (PUFL) membership.

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you seek to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

77th Air Refueling Sqdn, Goldsboro, NC, 9/28-30, Mark Chenier, (919) 920-5031, markschenier@hotmail.com; **93rd Bomb Grp (WWII)**, Boston, 10/7-11, John Marx, (412) 327-1909, 109clearview@gmail.com; **Air Weather Recon Assn**, Branson, MO, 10/12-15, Russ Dawson, (573) 466-2242, rdsd54wrs@gmail.com

ARMY

536th MP, Branson, MO, 8/24-29, Chris Walton, (978) 342-9100, attycjw@aol.com; **Delta Trp 7/1 Air Cav Blackhawks**, Fort Knox, KY, 11/10-12, Joe Vernengo, (502) 222-7784, vertigo2u@yahoo.com

MARINES

A Btry 1st Bn 12th Mar Rgt 3rd Mar Div (Vietnam, 1965-1969), Gallup, NM, 10/20-23, Dale Punch, (704) 477-8829, dalepunch@charter.net; **F-4 Phantom Phoray**, Dallas, 10/25-30, Rick Packard, (352) 988-1410, packard.rick@gmail.com; **Marine Corps Disbursing Assn**, Louisville, KY, 5/21-25, Kevin Gascon, (760) 458-2655, usmcdisbursers@hotmail.com

NAVY

Belknap DLG/CG 26, Norfolk, VA, 10/12-16, Bill Staley, (335) 674-9740, goodstuff003@triad.rr.com; **Halfbeak**, Charleston, SC, 10/3-7, Judith Oswald, (727) 421-2641, joswald613@tampabay.rr.com; **Nat'l Assn of Naval Photography**, San Antonio, 10/20-22, W.R. "Sammy" Solt, (321) 362-5806, sisibill@aol.com; **Nat'l Chief Petty Officers Assn**, Pensacola, FL, 10/9-13, Bob

McCauley, (702) 242-4240, bobmccauley2@cox.net; **Navy Nuclear Wps Assn**, Norfolk, VA, 9/11-15, John Hawkins, (757) 620-1154, jhawkins0549@gmail.com; **Oak Hill LSD 7**, Tampa, FL, 10/6-9, Raylah Holm, (509) 607-9021, raylah@aol.com; **Voge DE/FF 1047**, Jacksonville, FL, 9/28-10/2, Jan Harris, (817) 251-3551, janharris23464@gmail.com

LIFE MEMBERSHIP

Post 137, FL: Ronald Brannen, Richard Lane, Timothy Pratt, Jeffrey Ward

IN SEARCH OF

ACORN 5 (Red) Task Force (Naval Base Funk, South Pacific, 1943-1944), Clayton Hill, (573) 634-5113, bandbhill@embarqmail.com
HQ VII Corps, Kelly Barracks (Stuttgart/Mohringen, Germany, 1953-1955), John Lewis, (239) 945-4281, jail16@aol.com
VA-212 Line Crew (Moffett Field, CA, 1956-1958), Joe Lee, (678) 458-0463

TAPS

Francis J. Killay, Dept. of Vermont, Dept. Cmdr. 2011-2012, Nat'l Americanism Cncl. Vice Chmn. 2007-2008, Nat'l Exec. Cmte. Alt. Memb. 2015-2022, Nat'l Exec. Cmte. Memb. 2015-2017, Nat'l Sec. Cmns. Consultant 2013-2015, Nat'l Sec. Cmns. Liaison Cmte. Memb. 2016-2017 and Nat'l Veterans Employment & Education Cmns. Liaison Cmte. Memb. 2015-2016.
Richard Marshall, Dept. of New Hampshire, Nat'l Foreign Relations Cncl. Vice Chmn. 2002-2003.

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Pretty sure God made the center of the cinnamon roll to give us a taste of heaven.

A DOCTOR AND A LAWYER were attending a cocktail party when the doctor was approached by a man asking what to do about an ulcer. The doctor mumbled something medical, then turned to the lawyer and asked, "How do you handle it when you're asked for advice during a social function?"

"I send a bill," the lawyer replied.

The next morning the doctor arrived at his office and issued the ulcer-stricken man a bill for \$50. That afternoon he received a bill from the lawyer for \$100.

A CENTURY AGO, two brothers decided it was possible to fly. As you can see, they were Wright.

HOW MUCH DID the pirate pay for his piercings? A buck an ear.

DEEP WITHIN a forest, a small turtle began to climb a tree. After hours of effort, he reached the top, jumped into the air waving his front legs and crashed to the ground.

After recovering, the turtle slowly climbed the tree again, jumped and fell. He tried repeatedly while two birds watched from a nearby branch.

Finally, the female bird turned to her mate. "Dear," she chirped, "I think it's time to tell him he's adopted."

WHY DID MOZART kill his chickens? When asked who the best composer was, they all said, "Bach, Bach, Bach."

IT'S IMPORTANT to rest between sets of exercises. I personally stick to breaks of about three to four years.

"LIFE HACK: When too tired to do all the things on your 'to-do' list, try a 'to-don't' list. Simply write all the things you're not going to do and then ... don't do them. Huge sense of achievement with none of the effort."

- Eleanor Tiernan



"Hear ye, hear ye! But first this message from Mulligan's Tavern ..."



"I'm useless in the morning until I've had my first coffee shop."

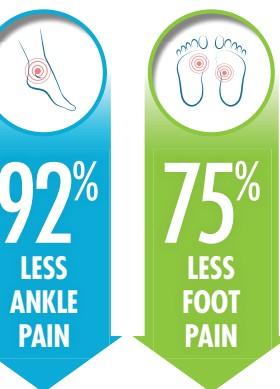
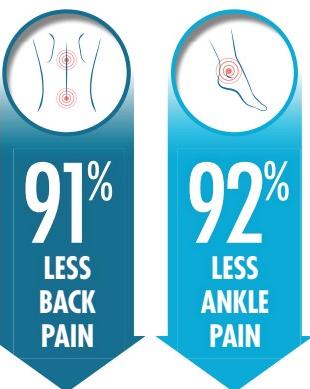
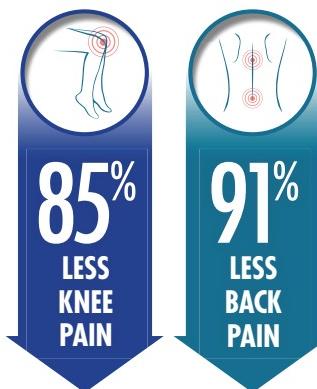




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